



Manchester City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Manchester City School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Manchester City School System that includes:

- School Health Advisory Committee
- Staff Coordinating Council
- Three Healthy School Teams
- School Health Policies strengthened or approved include a new mental health policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$96,146.00.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Smiles for Tomorrow Committee | ➤ Dr. David Florence |
| ➤ Sportsmen and Businessmen Club | ➤ Coffee County Health Department |
| ➤ Dr. Dean Honeycutt - Dentist | ➤ TN Department of Health |
| ➤ Dr. Peter Shelton-Dentist | ➤ TN Obesity Task Force |
| ➤ Coffee County Schools | ➤ Children's Advocacy Center |
| ➤ United Regional Medical Center | ➤ Adult Literacy Council |
| ➤ Harton Regional Medical Center | ➤ Girls Scouts |
| ➤ Community Foundation of Middle TN | ➤ Coffee County Sheriff's Department |
| ➤ Walmart of Manchester | ➤ Coffee County DARE Program |
| ➤ Coffee County Health Council | ➤ Manchester City Family Resources Department |
| ➤ Coffee County Anti-Drug Coalition | ➤ Coffee County Family Resources Department |
| ➤ Centerstone | ➤ Food Lion |
| ➤ Coffee County Mayor's Office | ➤ UT Extension Agency |
| ➤ City of Manchester | ➤ Manchester Parks and Recreation Department |
| | ➤ Eat Well Play More Coffee County |
| | ➤ Parkpalooza Planning Committee |
| | ➤ Marcrom's Pharmacy |
| | ➤ Manchester Police Department |
| | ➤ Dr. Anderson |

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| ➤ Dr. Irving | ➤ Westwood Junior High Healthy |
| ➤ Partners for Healing | ➤ School Team |
| ➤ Rogers Group | ➤ "The Health Nut" |
| ➤ American Heart Association | ➤ Creative Health Consultants, Inc. |
| ➤ Dotson's Produce | ➤ Manchester Housing Authority |
| ➤ Spring Street Market | ➤ Tullahoma City Schools |
| ➤ TN School Health Coalition | ➤ The Manchester Times |
| ➤ Rural Health Association of | ➤ The Saturday Independent |
| ➤ TN | ➤ Agencies Serving Kids |
| ➤ Coffee County High School | ➤ TASN |
| ➤ Culinary Arts Students | ➤ NASN |
| ➤ College Street Elementary | ➤ USDA |
| ➤ Healthy School Team | ➤ TAPHERD |
| ➤ Westwood Elementary | |
| ➤ Healthy School Team | |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as healthy school teams and annual health screenings. Currently, 11 parents are collaborating with CSH.

Students have been engaged in CSH activities such as College Street Cougar Catwalk, Jump Rope for Heart, and Red Ribbon Week activities. Approximately 8 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Manchester City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2010-2011: 861 students screened and 434 referred;

Students have been seen by a school nurse and returned to class – 2010-2011: visits to the school nurse - 7,707 and returned to class – 6,874;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. The 2007-2008 school year showed 40% of Manchester students were overweight or obese. Now our 2010-2011 data shows 36% are overweight or obese. Also, 51% of our 6th grade students were overweight or obese in 2007-2008, but in 2010-2011 the now 9th grade class dropped to 43%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include outdoor fitness tracks for 2 elementary schools, basketball goals for new court at one school, a hot/cold breakfast cart, a walking trail, new physical education equipment, health screening equipment, and the Michigan Model for Health curriculum;

Professional development has been provided to school health staff including Michigan Model training for staff who teach it, Take 10! training for staff at two elementary schools, annual CSH training for all employees, mental health 101 training for faculty, TASN Conferences for 3 nurses, annual Rural Health Association of TN Conference, annual CSH Institute, CSH workshops, regional mental health training for 3 staff, CSH evaluation training for Staff Coordinating Council, weight loss seminar for 2 nurses, school board updates and presentations. The CSH Coordinator conducted Excel training for Family Resource Directors to work more efficiently with CSH;

School faculty and staff have received support for their own well-being through staff weight loss competitions, discounted employee massages, and after school fitness opportunities like Zumba and boot camps.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model for health is taught in all three schools;
- Physical Education/Physical Activity Interventions – the “Take 10!” curriculum is in every classroom as a tool for lesson plans that include physical activity. The Manchester City School System is in compliance with the 90 minute per week physical education/PA law;
- Nutrition Interventions – Westwood Elementary has received a Fresh Fruit and Veggie Market Day grant for 2 years which enabled them to provide fresh fruit and veggie snacks for all students each day and teachers were able to use fruit and veggies in their lessons. Both of our elementary schools have started offering Grab–n-Go Breakfasts to ensure students eat breakfast. Fryers removed from both elementary schools;
- Mental Health/Behavioral Health Interventions – the referral form that teachers use to refer students for needs was updated, and mental health training was provided for all staff. Also, we were able to get a mental health policy approved by the board and implemented.

In such a short time, CSH in the Manchester City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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